

## What to do if you are caught in a Fire...

Fire spreads quickly. Even with an early warning, you can get trapped. If you are prepared, you may save our life and the lives of others.

- Most importantly, **DON'T PANIC!**
- Smoke and Fumes are toxic. Remember to stay low and keep your head down. Crawl quickly to safety.
- Touch all doors for heat before you open them. If the door is hot, use an alternate escape. If the door is not hot, open it slowly. Be prepared to close it quickly if you see smoke or feel fire coming towards you. Close the door as you exit any room.
- If you can't get out of the room, keep the door closed. Stuff blankets, towels, or sheets in any cracks or openings around doors and vents. Open the window as long as no smoke is entering the room.
- Use a bright cloth or flashlight to signal your whereabouts. If there is a phone, call the Fire Department and tell them where you are.
- If your clothes catch fire: Stop, drop & roll.



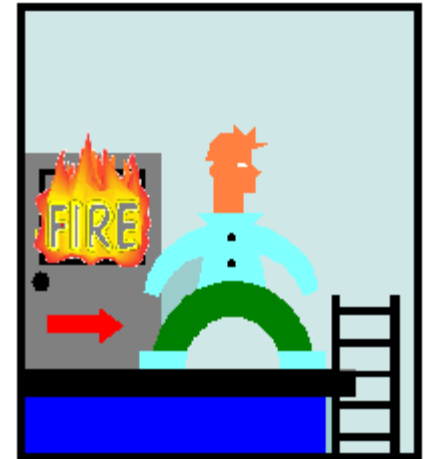
## Plan Your Escape- It Could Save Your Life!

1. Everyone should start the fire drill in their bedrooms with the door closed.
2. Test your smoke alarm to sound the alarm.
3. Test the door. If hot, use an alternate escape.
4. Crawl fast and stay low to escape the smoke.
5. Go to your prearranged meeting place and take a roll call.
6. Call the Fire Department from a neighbor's house.
7. Practice your escape plan twice a year.

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## Home Escape Plan



San Bernardino County Fire  
Department

Community Safety Division

Let's face it, fires happen. It's easy to believe that it will never happen to you.

Statistics indicate that thousands of people die each year in home fires. With proper planning, you and your family don't have to become just another statistic.

### **WHAT CAN YOU DO?**

There are two very important measures that you can use to protect yourself and your loved ones:

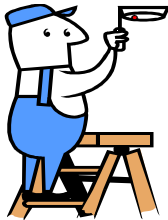
1. Install smoke alarms on all levels of your home.
2. Have a carefully thought out escape plan and practice it.



### **Smoke Alarms**

Most fires occur at night while you and your family are asleep. Without properly installed and operational smoke alarms, you may not be aware of a fire until it's too late. In order to ensure that your smoke alarm will help to save your life, follow these simple tips.

- Install smoke alarms on every floor of your home.
- Position smoke alarms in the hallway outside all bedrooms.



- Sleep with your door closed. Be sure that you can hear the smoke alarm go off. If you can't, install an additional unit in your room.
- Make sure that the smoke alarm you buy is approved by a testing laboratory.
- Read and follow the manufacturer's directions carefully.
- Test each smoke alarm once a month. Keep extra batteries on hand. Replace your batteries when you change your clock in the fall and spring time.



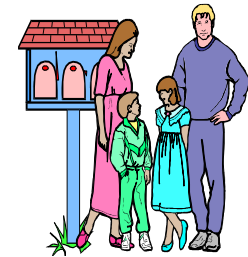
### **Escape Planning**

Once a fire breaks out, you need to know what to do. A moment hesitation can be dangerous or even fatal. By preparing and practicing an escape plan, you have a better chance of surviving a fire.

Here are a few ways that you and your family can plan your evacuation from a fire.

- Draw an escape plan. Make sure that there are at least two ways to exit from every room.
- If you have small children or family members who need special assistance, allow some provisions for their escape. Teach your family to help in the event of an emergency.

- Educate everyone on how to open and close all doors and windows quickly and easily.
- If you live in a high rise building, use the stairs.  
**Never use the elevator!**
- Stay low. Teach everyone to crawl from the building. Smoke and heat rise. Staying low will help you breathe clearer air that is near the floor.



- Plan a meeting place at a neighbor's. Once the family is together and safe outside, call the fire department.
- **Never go back in for anything!**
- Most importantly, PRACTICE! Go through all of the above rules as part of your escape plan training and put them into action. Remember to begin your practice drills in your bedroom as most fires occur at night.